

C O N T A C T

Club meeting 20/08/2024

Windy Hill Venue, Cnr Napier & Brewster St, Essendon 3040



**AUGUST IS
MEMBERSHIP &
CLUB
DEVELOPMENT
MONTH.**

August is membership and club development month, a time to focus on and appreciate your members, celebrate their devotion to the club and the impact they have made. It's also a time to think about developing strategies around growing your membership.

We are tackling this month's Rotary International theme head on with the return of our esteemed travelling president, Tony DeFazio.

Looking tanned, toned and relaxed Pres. Tony welcomed us all to the meeting where our club would reflect on the Planning Day held on 18 May 2024, get up to date with committee reports and vote on amendments to our constitution, by-laws and code of conduct.

The first task of the meeting was to open a Special General Meeting.

Apologies by members unable to attend were noted.

Secretary Steve Roe had previously emailed all members the resolutions for amendments to our constitution, by-laws and code of conduct. These were the result of many hours of work by a committee specially established to review the documents and make suggestions for improvements.

The motions to pass the changes were passed.

The Special General Meeting was then closed.

C O N T A C T

Tony reconvened the ordinary meeting of the club by reviewing the results of the planning day held in May. The results were the creation of a Club Strategic Plan 2024-2027. All members who had attended had the opportunity to contribute so the resulting document was fully supported by members. It now provides us with a direction and formula for achieving the goals which were established on the day.

Committee Reports

Club Services report given by Valmai on behalf of committee chair Veronica who is recovering from recent surgery. We all wish Veronica the best in her recovery.

The annual Christmas dinner is to be held on December 03, 2024 at the Riverside Golf Club.

The club will be celebrating its 90th anniversary of charter early 2025. Planning is underway but suggestions and historical photos, items etc. are welcomed. Invitations will be made to past club members and partners, exchange students, members of our 'daughter clubs' 'granddaughter clubs' as well as other notable clubs and people from the long and rich history of the club. If you have contact with people who may be invited please contact the committee. Tobin Brothers and Poyntons are also turning 90 next year so we may involve them in some way. Also for those who are counting, Elvis, if alive, would be turning 90 as well.

Contact has been made with MVCC to liaise with various ideas in the pipeline.

New pull up banners will soon be ordered. Make your suggestions for what should be on them to the committee.

International Committee report was presented by Richard.

The Myanmar delegation is going in November 2024 to implement donations of items and review previous donations to ensure accountability of the club projects.

The Children's Home will be improved with a major update to the kitchen and dining room as well as donations of rice and other food needed by the facility.

The Mary Chapman School for the Deaf will benefit with significant items for the vocational training programme café being set up.

The Myanmar Liver Foundation will be receiving syringes for Hepatitis and CoVid vaccinations.

They desperately need a fibroscan machine and the committee is working on applying for grants to assist in funding that.

Step In, Step Up will receive assistance for the 15-19 year olds to complete their studies and have one year of their vocational training funded. Solar lights are also being provided to assist students to study in the evening in their homes which often have no electricity.

The committee had a Royce & Jean Abbey vocational scholarship applicant from Kenya previously approved. Issues have arisen due to his visa being denied. Work is on to have the decision reviewed.

C O N T A C T

Community committee was represented by chair Christine.

The committee has done a comprehensive review of all previous projects and have made a list of the projects to be supported this year. These include the Strathmore Men's Shed, Youth Projects Hosier Lane, WERN, Moonee Valley Family Violence Network, RYLA. New projects are being investigated and updates will be made as details are finalised. WERN needs volunteers and the committee will inform the club when two Saturday mornings are scheduled to have club members attend.

This committee is also working closely with the Art Show committee which is ramping up and taking up much of the members' available time.

Marketing and public image committee chair Steve explained to the meeting the necessity for members to provide photos and information to the committee so we can sell our story better in the public domain. Our website will be undergoing a thorough review and update to make it more engaging.

The Art Show update was given by Regina who is so much happier now that we have a few sponsors on board to support the Art Show. It is a very difficult time to secure sponsorship with businesses not able to donate as in more profitable times. Thanks were given to all those who are working tirelessly to make the event successful. Advertising boards will be going up soon in prominent areas of the suburbs surrounding the event in Essendon. All members who are social media are encouraged to share posts made to maximise the online presence. Local businesses are being secured to provide services to the event to both support our local business community and encourage their engagement with our club.

The committee would like to promote the show with 'rock posters' but the cost of around \$800 is proving difficult to fund. Who do you know that could provide funding for this? Or even a few businesses could provide \$200 each to make it happen. Put your thinking caps on and make an approach to your local café, hairdresser, boutique, mechanic or whoever to help us advertise in this most effective way.

Flyers are printed and members are encouraged to take as many as they can to distribute and post in their local stores. The list of interested people created at the Farmers Market has had a email sent to them to invite them to connect and attend meetings, functions etc. Follow up will occur.

VP Sam then thanked all for attending reminded everyone to come to the next meeting on 03 September where we will have our District Governor attend for his official visit.

Q. What is the best way to get new members?

A. Ask someone to become a member, bring them along to a meeting and help them to make friends with our members.

*** It really is that simple. And it is up to you. ***

C O N T A C T

**Whatever Rotary may mean to us,
to the world it will be known by the results it achieves.**

 **Paul Harris** Rotary founder



ROTARY MOONEE VALLEY ART SHOW 2024

The success of our annual Art Show fundraiser is dependant on YOU!

The Show needs sponsors and you are responsible for getting them.

If you have any queries regarding this please speak to Regina.

IF THE PERSON WHO NAMED
WALKIE TALKIES NAMED
EVERYTHING

STAMPS - LICKIE STICKIE
DEFIBRILLATORS - HEARTY STARTY
BUMBLE BEES - FUZZY BUZZY
PREGNANCY TEST - MAYBE BABY
BRA - BREASTIE NESTIE
FORK - STABBY GRABBY
SOCKS - FEETIE HEATIE
HIPPO - FLOATIE BLOATIE
NIGHTMARE - SCREAMY DREAMY

I still like to make handwritten lists. I also like to leave them on the kitchen counter and then guess what's on the list while I'm at the store.

Best wishes and safe travels to all those who are exploring this great world of ours. Send back some pictures of you in your dreamy destination so we can all be jealous and have a whinge about why we are stuck at home...

*I could be a
morning person, if
morning happened
around noon!*

 *Gramma's Old and Crabby*

C O N T A C T

THANK YOU ROTARY ESSENDON



C O N T A C T

Cathy and Deanhna liaised with Richie from YP to work out what was needed and what items best suited YP clients. Deanhna, Vera and Cathy compiled a District 9800 Foundation matching grant application for funds to purchase rain jackets and thermals. The successful application provided access to a total of \$3000. Deanhna, Vera and Cathy sourced the recommended items and were able to negotiate a great deal with Anaconda to purchase 60 rain jackets and 60 thermals. It was a requirement for YP clients that rain jackets were warm, waterproof and compact to make carrying and storage easy. Christine, Deanhna, Vera and Cathy delivered the items to YP where they were received by Nathan a YP employee. RCE members unloaded and stored the items in the YP Hosier Lane storage area. The items will be distributed to 60 people who are street based through YP health and well-being programs. RCE has been working with YP for the past five years, collaborating to identify primary needs of people who are street based in Melbourne's CBD. RCE liaises with YP who in turn liaise with their clients to identify what is needed and what works best on the street. The relationship started when Bernadette, a local Essendon person and a night nurse with YP, made a presentation to RCE explaining the role of YP and how the night nurses deliver health care to people on the street. Working with Youth Projects and their clients gives RCE members the opportunity to support people in Melbourne who are sleeping rough and in very vulnerable circumstances. We also learn about the harsh conditions experienced, especially in the freezing winter months, and the challenges services like YP face with very limited resources.

MYLES MCKENZIE

AUSTRALIAN ROTARY HEALTH SCHOLAR

Myles has provided his mid-year report as required by the scholarship.

He is achieving incredible grades in his studies and is eager to progress his skills in practical medicine with patient centred care the priority. Miles has secured his month-long placement in Cloncurry, a remote community in north Queensland. "This placement will provide a valuable opportunity to implement many of the skills I have already developed throughout my medical studies, but more importantly, demonstrate how my clinical knowledge can be effectively utilised to enhance the care of remote Aboriginal populations. Subsequently, the Australian Rotary Health Indigenous Health Scholarship has allowed me to seize every opportunity to pursue crucial learning experiences throughout this semester of my medicine studies, continuing my journey towards becoming a patient centred and culturally sensitive Aboriginal medical practitioner. I extend my deepest gratitude and appreciation to both Australian Rotary Health and my sponsoring club, the Rotary Club of Essendon, for their support in making my medical aspirations become a reality."

We wish Myles all the best for his placement and future studies.

The Ed. needs a hand doing Contact for the next 3 editions due to the inability to attend the meetings. To all members who are at those meetings – please take a few notes, snap a few pics and email to the Ed.

C O N T A C T

President Tony was right back in to business as soon as he touched down from his European sojourn. He attended, along with Roger Leask and Michael Cariss, the 69th anniversary of the charter of the Bacchus Marsh club on 14 August. Tony is seen here with President Emma Young. The club is our 'daughter club' being sponsored in 1955.



An Invitation to Walk with Us in 2024

1 - 31 October

Have fun Get fit Help yourself while helping others

Get your walking shoes on and gather your sponsors as we walk in October to End Polio.

Walk solo or form a team with your club members, friends or family. Dream up that perfect name and register your team on the Walk with Us website.



For each sponsored step you take, this will help us reach our fundraising goal of **\$100,000** to vaccinate all children against Polio.

And every dollar raised becomes \$3 thanks to the Gates Foundation.

Imagine that!

All donations are tax deductible and for Rotarians count towards your overall RI donation credits.



Rotary
District 9800




To register, go to: <http://rotarywalkwithus.org/>

We could all do with a bit more exercise – it does our mind and our body so much good - so why not get in some extra walking and do some good for others at the same time.

The D9800 "Walk with Us" fundraiser is happening in October. Register, get sponsorship for your walking and help eradicate Polio forever.

Get your walking shoes on, get your walking buddy and get walking!

Remember that End Polio Now is the main project of Rotary International.

Every dollar you raise will become \$3 in the foundation thanks to the Gates Foundation who contribute \$2 for every \$1 you raise. Now talk about Bang for your Buck!

C O N T A C T

Rotarians are extremely lucky to have the opportunity to complete the Mental Health First Aid course at an amazingly discounted price and a further bonus of 50% of the cost going to Australian Rotary Health. This course is internationally recognised and there is no doubt that the skills gained by those who have completed the course have saved lives. Do yourself a favour and take advantage of this offer. Do it now.



**AUSTRALIAN ROTARY HEALTH
DISTRICT 9800 PRESENTS**



**MENTAL
HEALTH
FIRST AID
Australia**

An Online Blended
**Mental Health
First Aid**
Zoom Course
14th & 21st September 2024
Plus eLearning Modules to be completed prior to the
TWO 3.5 hour online sessions (9:00AM - 12:30PM)

**Available NOW at a discounted rate of \$210 per person,
with 50% donated to Australian Rotary Health**

**Anyone can have a conversation that may save a life.
Everyone should know how.**
Learn how to provide initial support to another adult who may be experiencing a mental health problem or mental health crisis, until professional help is received or crises resolves

Why attend a Mental Health First Aid training Course?

- Intervene Early
- Offer Support
- Respond in a Crisis
- Reduce Stigma

Why be a certified Mental Health First Aider?
Over 40% of Australians aged 16-85 years experience a mental illness in their lifetime. Everyone in the community can play a role in early intervention to support a person developing a mental illness or experiencing a mental health crisis.



Facilitator
MHFA Co-founder & Rotarian
Betty Kitchener AM

Register TODAY - limited spaces available
Contact: Dr Suresh Marcandan (D9800 ARH Committee)
Email: suresh@stellamarisinternational.com
Mobile: 0448 838 838




Australian Rotary Health

C O N T A C T



Rotary Moonee Valley Art Show 11-13 October 2024

<https://mooneevalleyartshow.com.au/>

Ukrainian Community Centre, 3-11 Russell St, Essendon VIC 3040

The Art Show is our biggest and most public fundraiser every year. YOU are the key to making it a success.

Contact Regina to discuss how you can be involved.

Club meeting November 26th we will be welcoming the District Governor Michael Lapina. Be sure to attend to be informed and inspired by Michael.

<https://rce.org.au/event/dg-michael-lapina-visit/>



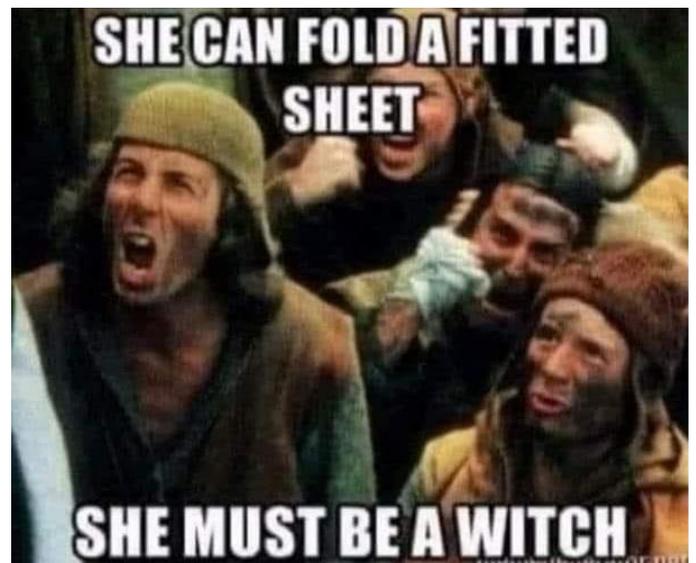
3rd December will be our Christmas celebration. Put your diary and watch out for more details.

it in

17th December is our annual breakfast meeting before having our summer break.

You and your family and friends are invited to visit us at an upcoming meeting

<https://www.rce.org.au/Events>



Interested in being a sponsor?

[Download the website sponsorship guide](#)

We would like to thank our official sponsors;

Proudly supported by

**Strathmore
Community Bank** Branch

B Bendigo Bank